

FIG. 1

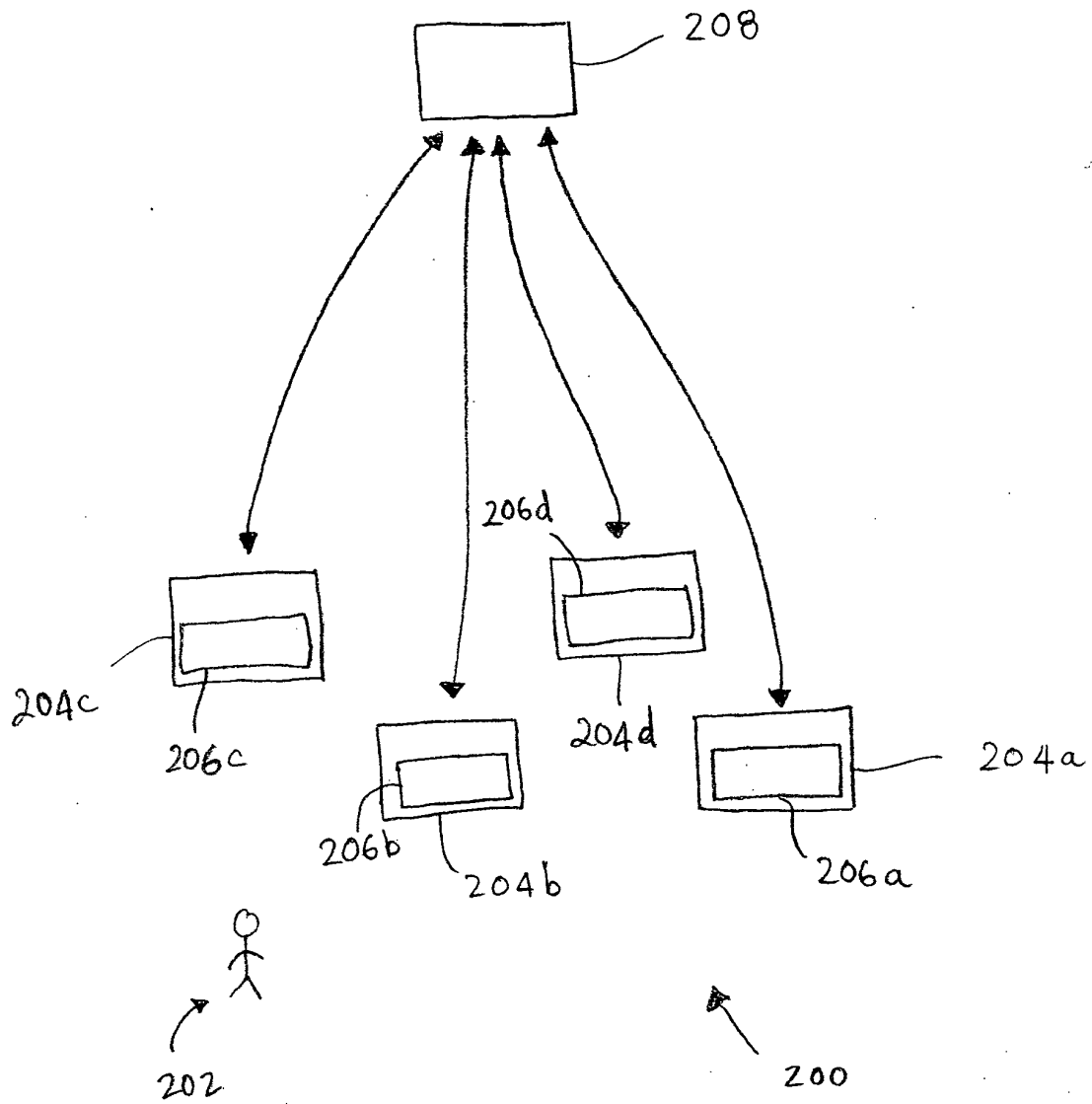


FIG. 2

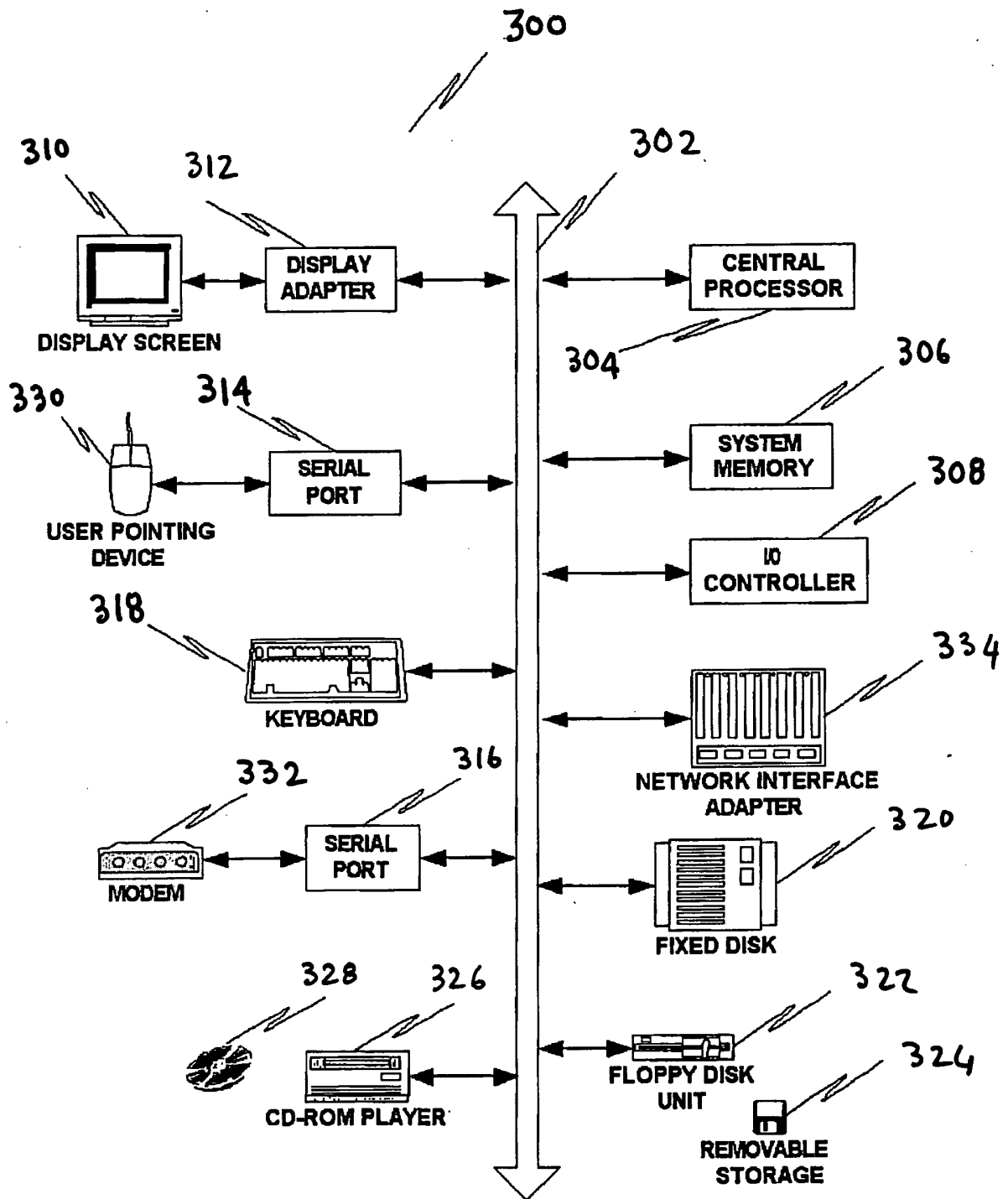


FIG. 3

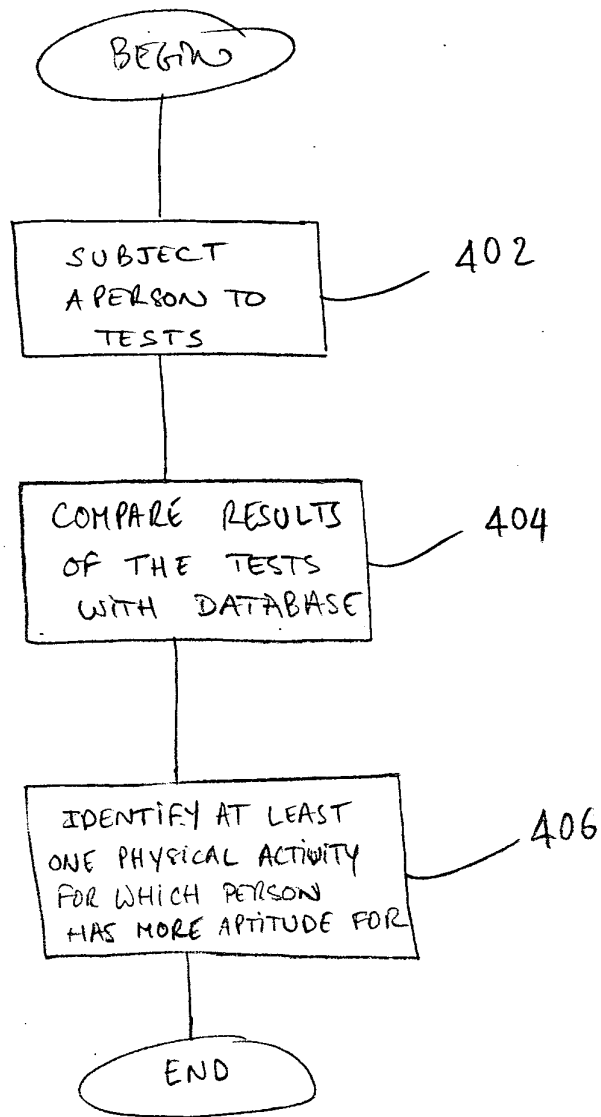


FIG. 4

Test	Label			Sprinter		Distance Runner		Weightlifter		Basketball Center		10 Year Old Boy	
				Raw	Max	Raw	Scaled	Raw	Scaled	Raw	Scaled	Raw	Scaled
RIHR	A	20	100	65	100	30	88%	75	81%	65	44%	68	40%
Height, to 1/4 inch	B	3.00	8.00	5.92	8.00	5.33	47%	5.67	53%	7	80%	4.66666667	33%
Weight, to 1/4 lb.	C	40	300	180	300	130	54%	190	63%	275	90%	100	23%
Concentration Test	D	0	100	20	100	45	45%	20	20%	55	55%	13	13%
Wobble board, average	E	0	40	9	40	18	45%	145	36%	14	65%	16	60%
Hand Speed/coord, to 1/4 inch	F	0	36	5	36	15	42%	13	36%	3	92%	9	75%
Grip strength, kg	G	1	100	55	100	20	19%	190	90%	65	65%	24	23%
Standing Height, to 1/2 inch	H	4.50	10.00	7.3	10.00	6.8	41%	7.0	45%	9.8	95%	5.8	24%
Vertical jump, to 1/2 inch	I	4.50	13.00	10.08	13.00	7.75	38%	9.92	64%	11.83	86%	7.17	31%
Standing long jump, to 1/2 inch	J	3.00	15.00	11.00	15.00	5.25	19%	10.25	60%	7.58	38%	6.33	28%
Sit and reach, to 1/4 inch	K	4.00	20.00	14.75	20.00	7.00	19%	12.00	60%	10.00	38%	11.00	44%
Foot speed/coord, to 0.01s	L	2	8	3.50	8	5.50	42%	4.00	67%	4.50	58%	4.60	57%
Pull-Ups	M	0	40	20	40	1	3%	30	75%	13	33%	14	35%
Abdominal strength, stages completed	N	0	7	4	7	3	43%	5	71%	4	57%	3	43%
25 Meter Sprint, to 0.1s	O	2	5	2.8	5	3.9	37%	3.3	67%	3.6	47%	4.2	27%
One Turn Agility Run, seconds	P	2	5	2.5	5	2.9	70%	2.6	80%	2.4	87%	3.7	43%
Skinfolds, in mm, avg													
triceps	Q	1	30	14	30	9	28%	12	38%	16	52%	10	31%
subscapular	R	1	30	10	30	7	21%	9	28%	12	38%	7	21%
suprailium	S	1	30	12	30	8	24%	10	33%	15	48%	9	28%
calf	T	1	30	12	30	8	24%	11	37%	15	48%	8	24%
Body composition, in mm, avg													
chest	U	1	30	4	30	3	7%	1	3%	6	17%	9	28%
abdomen	V	1	30	13	30	9	28%	12	38%	17	55%	10	31%
thigh	W	1	30	12	30	9	28%	11	37%	18	59%	7	21%
Bone Diameters, in cm, avg													
humorous breath	X	4	15	6.8	15	5.4	13%	7.0	23%	8.1	37%	5.7	15%
knee breath	Y	6	20	11.0	20	10.0	29%	11.5	39%	14.2	59%	8.5	18%
biacromial breath	Z	30	100	45.0	100	40.0	14%	39.0	29%	49.0	27%	32.0	3%
hip breath	AA	20	80	35.0	80	33.0	22%	38.0	30%	45.0	42%	28.0	13%
Muscle Girth, in cm, avg													
flexed biceps	BB	14	50	43	50	33	53%	40	80%	48	94%	20	17%
calf	CC	20	60	38	60	28	20%	31	53%	39	48%	27	18%
Limb Lengths, in cm, avg													
hand length	DD	10	25	19	25	16	40%	17	68%	24	93%	15	33%
arm span	EE	30	96	71	96	62	48%	61	64%	86	85%	54	36%
leg length	FF	18	48	37	48	34	53%	32	67%	45	90%	30	40%
seated height	GG	18	48	34	48	30	40%	30	63%	39	70%	26	27%
Cardiovascular Endurance, level+shuttle	HH	0	150	87	150	133	89%	122	82%	98	65%	67	45%
6 * level + shuttles													

FIG. 5

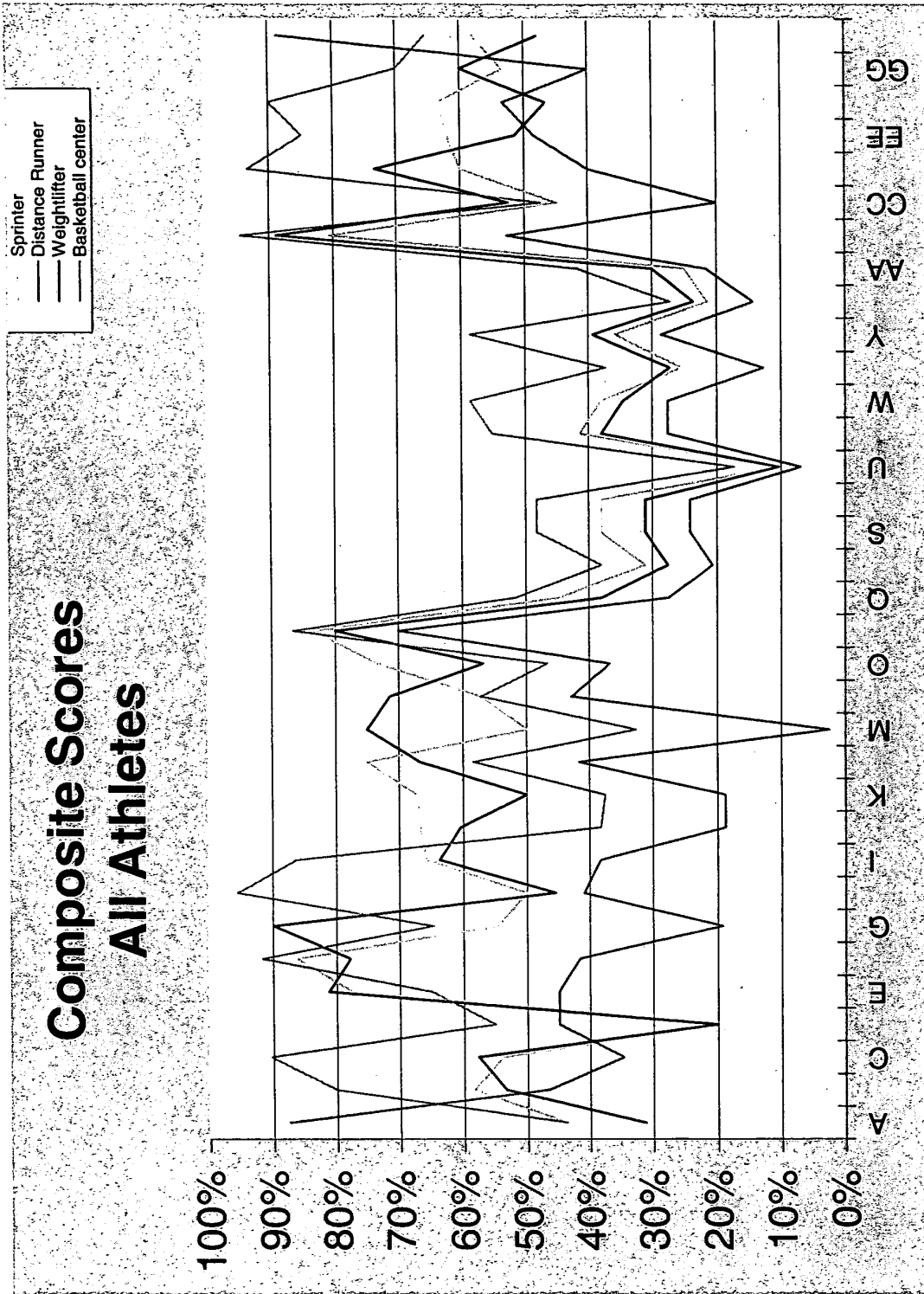


FIG. 6

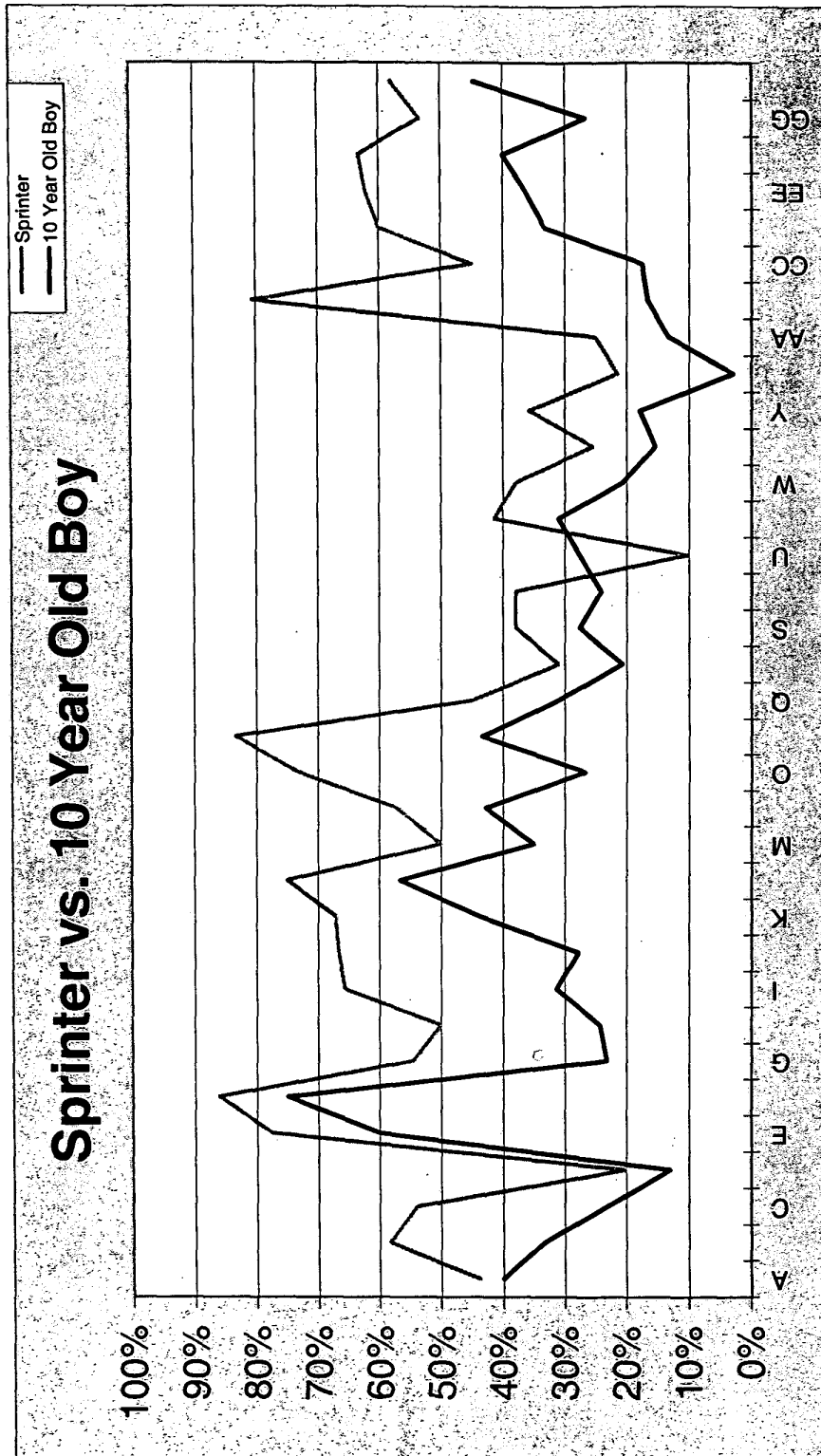


FIG. 7